

ABSTRACT OF THE DISCLOSURE

Disclosed are cooked dried farinaceous food products such as cooked cereal doughs, ready-to-eat cereals and grain based snacks fabricated from such cooked cereal doughs containing high levels of both insoluble and soluble fiber as well as high levels of protein. The cereals contain about 5 to 15% (dry weight) insoluble fiber; 5% to 15% soluble fiber in an excess of insoluble fiber; 15% to 30% (dry weight) plant protein and the balance cereal ingredients especially rice and wheat flour. The soluble fiber is preferably provided at least in part by inulin ingredient that can be incorporated into the dough and/or topically applied.